

ABSTRACT OF THE DISCLOSURE

5 A method of contraception in which an estrogen and desogestrel are administered daily
in a three phase sequence for 21 days is disclosed. In the first phase a combination of
an estrogen and a progestogen in a low but contraceptively effective daily dosage
corresponding in estrogenic activity to 23-28 μ g of 17 α -ethinylestradiol and in
progestogenic activity to 0.065-0.75 of norethindrone is administered for 5-8 days;
10 followed by the administering of the same dosage of estrogen and a progestogen
corresponding in progestogenic activity to 0.25-1.0 mg of norethindrone for 7-11 days;
followed by the administering of the same dosage of estrogen and a progestogen
corresponding in progestogenic activity to 0.35-2.0 mg of norethindrone for 3-7 days;
15 followed by 4-8 days without administering either an estrogen or a progestogen,
provided that the progestin dose should increase from the first phase to the second
phase to the third phase, that the progestin is desogestrel at a dose in each phase of
between of from 0.05-1.0 mg/day and that the dosage of estrogen is kept constant in
each phase..